



Newsletter

Wednesday 18 June 2025

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Welcome to new member, David Thomas, this week

Tip: to get the most from the newsletter, view it on a PC or laptop

**Please feel free to get your keyboard out and send a race report and/or pictures to
editor@lingfieldrunningclub.co.uk.**

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Lingfield's Racing Roundup

Hello everyone.

As I am returning late from holiday, this will be a much-shortened report, which I hope to put right next week, contributors willing.

For this week's parkrun results I shall simply point you in the direction of the club report which parkrun produces each week.

<https://www.parkrun.com/results/consolidatedclub/?clubNum=1934>

It shows the results for first claim members (or people who say they are first claim members of the club - some may have left the club or never been club members). Some members haven't updated their parkrun profiles, so won't appear at all.

It is the starting point for the report I produce each week (**now added below**).

Meanwhile, Ali Warner and Ian Greenaway ran a marathon last Sunday - the Hampshire Hoppit - which you can read all about later on. Ali ran it in 5 12 54, an Ian did 5 14 39. Well run, both of you.

As nobody else has notified me of their races at the weekend (if there were any), those results will, I'm afraid, need to wait until next week.

Editor

14-Jun-25	2025	41	<u>LRC parkrunners</u>	Median	56.55'
8	Difficulty	Position	Name	Time	Age gra
<u>East Grinstead</u>	rank /835				
106 runners	823	3	James CAFFREY	00:19:24	71.39'
		8	Nick KEEN	00:21:05	67.27'
		9	James KILFIGER	00:21:19	69.74'
		10	Sally ALEXANDER	00:21:28	81.13'
		21	James WILLIS	00:24:17	59.78'
		24	Daniel JONES	00:24:51	56.20'
		27	Simon PETITT	00:25:05	51.69'
		29	Ben HORNER	00:25:08	53.05'
		34	Lucy WILKES	00:25:28	62.37'
		40	Michael MANWILL	00:26:31	55.63'
		44	David WATKINS	00:27:20	60.24'

		45	Wendy SMITH	00:27:47	66.05'
		48	Isla GREENAWAY	00:28:15	52.39'
		50	Keith CHAMBERS	00:28:19	59.80'
		56	Harold BURR	00:29:25	44.59'
		57	Hannah CARTLEDGE	00:29:32	50.17'
		58	Helen DAVEY	00:29:37	66.46'
		74	Paul MCCARTHY	00:31:56	48.12'
		76	Helen PETITT	00:32:24	45.73'
		78	Judy HAYLER	00:33:17	59.14'
		79	Emma FORBES	00:33:26	45.26'
		90	Theresa DONOHUE	00:37:47	49.23'
		100	Sandra ANKERS	00:51:31	47.07'
		105	Miranda CHITTY	01:06:34	27.57'
Egham Orbit	423	98	Steve WARNER	00:31:34	55.23'
164 runners		148	Marie WARNER	00:41:22	50.52'
Hove Promenade	23	395	Sue GARNER	00:26:57	95.05'
731 runners					
Ifield Mill Pond	362	39	Aly WARNER	00:26:28	62.59'
113 runners					
Jubilee	661	13	David WORSELL	00:23:48	63.52'
103 runners		50	Nevenka WORSELL	00:28:31	60.26'
Kingston	171	4	Jeremy GARNER	00:18:02	82.44'
400 runners					
Tilgate	474	254	David WADDINGTON	00:31:30	43.02'
483 runners		301	Mike LOTHIAN	00:32:57	56.55'
Wakehurst	281	1	Dan CELANI	00:18:16	77.65'
340 runners		8	Dan OPPE	00:20:27	67.73'
		26	Andrew SENIOR	00:22:30	62.07'
		78	Simon COOK	00:25:32	61.23'
		218	Peter PHILLIPS	00:32:52	54.31'
		259	Paul EVANS	00:37:25	44.81'
		285	Robin MAYER	00:42:37	47.13'
		315	Martin PAYNE	00:49:28	35.24'



Thankyou to the L10s clearing crew on Saturday

Mental Health

Scott McDonald

Last week was Loneliness Awareness Week and Men's Health Week but let's include everyone in these two important issues.

Loneliness is a natural feeling

Most of us will experience loneliness at some point in our lives. Loneliness doesn't mean there is anything wrong with you, it's just your body's way of letting you know that you're not getting your social needs met. Like hunger telling you to eat.

You shouldn't feel embarrassed or shameful about being lonely

Loneliness can affect you at any age

It is generally thought that the older community are more likely to feel lonely, but this isn't the case, people aged 16-24 are now the most likely group to be affected by loneliness.

There are various reasons for feeling lonely

Certain life events, such as a bereavement can trigger such feelings, even if other family members rally around in support.

Loneliness can be caused by many other things including leaving the workplace, children or friends moving away, debilitating health condition or illness, no longer being able to participate in normal hobbies or activities and lack of access to transport. Emotional loneliness can happen in relationships and families, where you have people in your life, but you don't feel close to or understood by them.

We are all different and you may not know someone is feeling lonely unless they tell you.

Loneliness is temporary

You may not realise it if you are feeling overwhelmed by loneliness, but it won't last forever and you can take steps to feel better.

Loneliness should improve with time. However, often it's advisable to address the situation in the early stages to prevent it becoming a chronic issue. Loneliness is now being recognised for its damaging effects, such as mental health conditions, cardiovascular issues, and sleep problems, it is therefore important to try and overcome the feeling of isolation.

Loneliness is not a mental health condition. However, if left unchecked, loneliness can start to affect both your mental and physical health.

What can you do if you're feeling Lonely?

- Catch up with friends – Connecting with the people around you, your family, friends, colleagues, and neighbours are key to your overall wellbeing. These relationships will support and enrich you.
- Make new friends – Join local groups or classes based on your interests, not only will you be doing something you enjoy, you'll meet new people with similar interests.
- Help others by volunteering – Giving to others is a great way to boost your wellbeing. It can give a sense of purpose and create feelings of positivity. It is also a great way to meet new people whilst helping the local community.
- Do things you enjoy – Plan your week to include activities that you enjoy and make you feel good.
- Learn a new skill – Continued learning throughout your life helps to enhance your self-esteem and encourages social interactions.
- Spend time outdoors – Fresh air, natural light and exercise combined are great for our mental health. Whatever the weather it's great to get outside.
- Focus on the positives – When you are feeling lonely, you can sometimes be in a negative frame of mind. Thinking about the good things in your life, remembering happy times or identifying at least one thing each day to be thankful for can help you to think more positively.
- Look after yourself – Self-care is essential. Make sure you are sleeping well, eating healthily and being as active as possible. Prioritise looking after yourself.
- It's good to talk – If at times, life gets too much for you, it's important that you speak to someone about how you are feeling, this may be a family member or trusted friend, your GP, or a professional organisation.

However lonely you are feeling, there is always something you can do to feel better. Loneliness Awareness Week is a good time to start to make a positive change.

The Men's Health week included details for physical health and Mental Health.

Let's concentrate on Mental health for everyone.

One in four people will experience some kind of mental health problem in the course of a year. For many of us talking about mental health is difficult and often men find this even more difficult. It's hard to put how you're feeling into words. Remember you can be strong without being silent.

If you're struggling with your mental health, help is available:

Samaritans

Mind

Shout

Stress and anxiety are normal. It's what we do about it that matters. There are various steps you can take to cope with being under pressure, remember, different things work for different people.

- Identify your triggers and take control – working out what triggers your stress can help you anticipate when you may feel stressed and what you could do about it in advance.
- Organise your time – making some adjustments to the way you organise your time can help you feel more in control and able to handle the pressure you are feeling.
- Be active – exercise can help clear your head and then let you deal with your problems more calmly. Go outside to exercise, as fresh air and spending time in nature can really help.
- Talk to other people – friends, family and colleagues can help support you through the stress you are feeling, you may even have a laugh and start to relax. You may also want to consider talking to a professional counsellor.
- Do something you enjoy – spending time doing something you enjoy will take your mind off how you are feeling. Everyone needs to take time for themselves, it can be as simple as having a bath or reading a book.
- Avoid unhealthy ways to cope – many people use alcohol, smoking, chocolate, and gambling to try and relieve the stress they are feeling, none of these things will help in the long term, use healthy coping strategies like going for a run, listening to music, or walking the dog.
- Challenge yourself – learning new skills and setting yourself new goals will help build your confidence and make you feel good about yourself.
- Help others – people who volunteer in the community or for a worthwhile cause tend to be more resilient.
- Try to be positive – think of all the things you are grateful for, write down or say out loud 3 things that went well each day.

- Address some of the causes – where possible improve some of the issues that are putting pressure on you.
- Accept the things you can't change – it's not easy but accepting that there are some things happening to you that you can't do anything about will help you focus your time and energy elsewhere

As always, if you are struggling, I am more than happy for anyone to contact me. Or if you know of any club member who would benefit from a chat, then please let me know and I will contact them, as always everything is confidential.

Many thanks, Scott McDonald
LRC Mental well-being Champion.

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Weekly club runs (and race)

Gary Spring

Tuesday, 17th June

May Race 4



An attempt at capturing everyone in a photo at last night's Club Handicap Race, was partially successful, even with Steve Warner trying to sneak out of shot. Steve Brinkley, the winner of last night's event can be seen on the far right and we had the pleasure of Trevor's company, in the centre, to oversee proceedings.

It was a warm evening, so probably not ideal conditions for running up Dormans Station Road, followed by Mutton Hill, but everyone seemed to be wearing a smile at the finish,

even Nevenka Worsell and Ben Ashmore, who both misinterpreted one of the direction arrows and discovered a new trail route off Moon Lane, so ended up running a bit further than everyone else. The Good News is we may have a new route to explore on a future Club Run.

I am very grateful to the large team of marshals who kept everyone safe on route. Many thanks to Carole Barnes, Sue Garner, Terri Scott, Karen Wells, Debbie Wilkes, Lynda Willment, Ian Fotheringham, Robin Mayer, Ian Miller, Mike Preston, Noah Semonin and Glen Smith. Also, many thanks to Sandra Ankers, Steve Ackroyd and Tom Cartledge for handling the Start and Finish.

Congratulations to Steve Brinkley, who was the first finisher and to Dan Pike for recording the fastest time, probably down to trying to reel in James Kilfiger over the five mile distance; not an easy task, with James' current form!

Here is the 'Duel of the Night'. First photo is James and Dan at Lynda Willment's marshal point on Moon Lane, about half way round the route and the second photo is at the finish. I'll be adjusting their relative Handicap times by a second for May Race 3!



Special mention must also go to Sarah Begley and Dan Oppe who started together and duked it out over the route, also finishing just one second apart.

Here are the results, with the awarded points, that go towards the Club Handicap trophy. For the Ladies' Trophy, the Battle of the Cartledges is continuing to stay close, with Hannah now a point ahead of Judith, whereas for the Men's Trophy, Dave Worsell has taken the leading spot, with some daylight between him and the chasing pack. The latest points table can be found, [using this link](#).

Position	Name	Clock time (mins:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Steve Brinkley	60:21	8:30	51:51	20
2	Terry Sumner	60:53	16:00	44:53	19
3	Sally Alexander	61:18	26:30	34:48	20
4	Hannah Cartledge	61:37	14:30	47:07	19

5	Dave Worsell	62:07	22:00	40:07	18
6	Maggie Statham-Berry	62:13	19:00	43:13	18
7	Steve Warner	62:21	4:45	57:36	17
8	James Kilfiger	62:23	27:30	34:53	16
9	Dan Pike	62:24	28:00	34:24	15
10	Judith Cartledge	62:40	15:00	47:40	17
11	Keith Chambers	63:20	18:30	44:50	14
12	George Matthews	63:28	29:00	34:28	13
13	Sarah Begley	63:42	26:00	37:42	16
14	Dan Oppe	63:43	26:00	37:43	12
15	Michael Manwill	64:09	22:30	41:39	11
16	Matthew Stockwood	64:18	17:30	46:48	11
17	David Waddington	64:43	24:00	40:43	11
18	Ian Watkins	64:45	16:00	48:45	11
19	Ben Horner	66:10	18:30	47:40	11
20	Isla Greenaway	66:35	15:00	51:35	15
21	Wendy Smith	68:40	18:30	50:10	14
22	Nevenka Worsell	69:42	12:00	57:42	13
23	Ian Greenaway	69:43	18:30	51:13	11
24	Ben Ashmore	74:04	30:00	44:04	11

Thursday, 19th June

Sorry, no planned run from me on this evening as I'm injured. If anyone wants to run with company that evening, consider posting a message on LRC Runfinder.

Tuesday, 24th June

Pub Run at Forest Row

Start time 7pm, from the Co-op/Seasons car park, Hartfield Road

Postcode: RH18 5HE

What3words: marine.lizard.checked

The route is mainly footpaths and just over 5 miles. The ground is firm, from the recent spell of good weather, so road shoes should be OK. This is intended as a social run, with the opportunity to gather in the Hop Yard Brewing Co. pub, after the run. Although the pace will be easy, I can assure you that after doing some of the hilly bits, you'll be keen on some liquid refreshment! The pub has a great atmosphere and is very 'Forest Row', so come along and enjoy the fun!

If anyone wants to do a shorter distance (about 2.5 miles) at a walking pace, I will be

leading this option.

Want to run with members on a different day and time?

If you are looking for company on a run at a different day and time to the above Club Run, please consider using the club WhatsApp group 'LRC Runfinder', to suggest a run or see what other members are planning to do. If you are not yet in this WhatsApp group, and want to be, please email either membershipsecretary@lingfieldrunningclub.co.uk or organiser@lingfieldrunningclub.co.uk or text me on 07925 195032.

What's coming up in July for special Club run events

Tuesday 15th: Pub Run at Penshurst

Tuesday, 22nd: Handicap Race #5. May Race 3

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Hampshire Hoppit

Ali Warner

Hi,

Reporting to you after a lovely day at the Hampshire Hoppit marathon. Ian Greenaway and I met at the beginning and the end - finishing only minutes apart. This was my third Hoppit, and definitely won't be my last! It was Ian's first (and probably not last).

A beautiful day running from Kingsclere across Watership Down and back, lots of sunshine and a breeze so great conditions. Plenty of elevation out on the course, all very well signed and marshalled. Well stocked regular aid stations too. Free beer (and water) at the end along with their annual gift of a pint glass for marathon finishers.

I finished in 5h 12 54 and Ian in 5h 14 39.



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Beautiful Buchan Phoenix run

**15 June 2025
Sally Alexander**



(Ian, Fiona and I – apologies, it was tricky getting us all due to the flexible start!)

Whilst some fathers may have been waking up to tea and breakfast in bed, a few of our LRC men (along with us women too) had opted for an early start to a blue-sky June Sunday morning, participating in Phoenix Running West Sussex's 'Not Brighton' event at Buchan Park. In usual fashion, Vernon and his team (which included our very own Lisa Compton, Sandra Ankers and Keith Chambers) were already in situ, warmly welcoming new and more seasoned competitors to the Phoenix Running family.

Sunday's route took participants on an out and back, along the scenic hilly trails which skirt the park's picturesque duck lake. The dappled light from the wooded canopy provided excellent shade as the temperature began to rise, and the iconic Phoenix Running refreshment 'stall' was equally welcome each time we completed one out and back set.

If you are not familiar with the Phoenix Running West Sussex ethos, then let me enlighten you! It is all about inclusivity in every sense and running in stunning locations, celebrating each individual's achievement without the usual pressure of a mass start. The events are organised to allow all runners to choose how far they wish to run from 5K – ultra and any distance in between. Indeed, the system is so flexible that should a runner not be sure of their distance they can change their mind during the event! Flexibility does not end here, PRWS also operates flexible start times as long as runners complete their distances within a 7-hour window. When a runner is ready to begin, the starting marshal activates that runner's individual timer. Each time a participant passes through the start they collect a band to indicate when an out and back has been completed. All results are then posted on Phoenix Running's website later the same day.

I think these are fabulous events and work brilliantly for all levels of runners. The sense of camaraderie and support is incredible with runners and marshals all cheering each other on, which is easy as you are constantly passing fellow participants and volunteers on each of the loops. A special mention must go to the Davis family who did not just support, Dad, Luke, but also cheered the LRC team on too!

A huge well done to Ian Watkins, Steve Warner, Fiona Champness, Lisa Compton, Nick Avere and 2nd-claim Iain Scotland who all took part in the event, completing varied personal distances. A huge thank you, once again, to Vernon and his team at Phoenix Running West Sussex who could not have organised and hosted a better event!

The next Phoenix Running West Sussex event is on Sunday 6th July at Ardingly Reservoir. Visit the Phoenix Running Events link below for further details and entry information.

[Phoenix Running : Our Events](#)

Below - One of PRWS' iconic medals!



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St Piers Survey

Phil Wormley

I am writing as a consultant working with the charity Young Epilepsy to ask if you may be able to share a survey we are conducting with your running group. Please see the link below;

<https://forms.office.com/Pages/ResponsePage.aspx?id=JckelXFZp0mNHUYvUDh7QpMXXHmDUl9KqcARuR4iQwtUNUHV1VNSzc0SFixUTIGODVSVlo3NFFUNi4u>

I met one of your wonderful runners yesterday morning when I was conducting a survey in person on our campus along St. Piers Lane. He shared with me that the running club will often use the lane as part of your training routes for our meets on Tuesday and Thursday evenings and at the weekends. As a keen runner myself I can understand why as I took the opportunity to run through the local woods and campus on Tuesday evening and I can see that it is a super route.

The purpose of the survey is to better understand how the local community is using the lane and area around the campus for running, cycling, dog walks etc. and to also capture where possible what people might like to see on the site and what they would possibly engage in. I will then use the quantitative and qualitative data we capture to demonstrate to potential funders what the existing usage looks like and what the potential demand could look like for some new initiatives that we may look to deliver on the site. No individual's names will be used or quoted in any application.

For example, one opportunity we are exploring is an application to the National Lottery Heritage Fund for the creation of what we are calling our Heritage Square and within that space we would look to share information on the history and heritage of the charity and the buildings on that site that are grade II listed and date back to 17th century. Within that space we may also look to provide a place where you can get a coffee and cake which may appeal to runners and cyclists that pass through the area.

Members of your group may also express an interest in learning more about the history of the site and or around volunteering with us. This is very much a survey to capture people's thoughts and ideas and to help us to find the right ways for us to engage with the local community. Participants can choose to share their personal contact details or remain anonymous. We will of course respect their wishes and details of our privacy policy are provided on the form.

I hope you're the Lingfield Running Club may be able to participate in the survey, and I very much welcome your help and support with this. If you have links to any other groups that use the Lane and would be happy to introduce me, please do let me know.

If you have any queries at all, please do advise.

Phil

Phil Wormley

Capital Appeals Manager (Consultant)
Philanthropy & Partnerships

pwormley@youngepilepsy.org.uk

07476424705

01342 589 333

Young Epilepsy, St Piers Lane, Lingfield,
Surrey RH7 6PW

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And over the next two weeks

Editor

Highlighting events in the club [race calendar](#) for the next ten days.

Please click on the link - will take you straight to the race calendar!

Today < > Jun – Aug 2025 ▾		
18 JUN, WED	6:45 – 7:45pm	LRC coaching (Keith) East Court, College Ln, East Grinstead RH19 3LT, UK
21 JUN, SAT	<ul style="list-style-type: none"> All day 12:30 – 1:30pm 	Club '12 in 12'/'24 in 24' challenge East Grinstead, UK Downland Dash (WSFRL)
22 JUN, SUN	<ul style="list-style-type: none"> 9 – 10am 9:30 – 10:30am 11:30am – 12pm 	Ranelagh 10k (SRL) TW10 7QA, Riverside Dr, Richmond TW10 7QA, UK Alfriston 7k trail Alfriston, Polegate BN26, UK Race for Life Epsom and Ewell 10k
24 JUN, TUE	7 – 8pm	Club running (pub run, Forest Row) RH18 5HE, Forest Row RH18 5HE, UK
25 JUN, WED	7 – 8pm	TAC Penshurst Midsummer Relays (GP event) TN11 8DG, Penshurst, Tonbridge TN11 8DG
29 JUN, SUN	9 – 10am	Lingfield 10s Lingfield College Senior School and Sixth Form, St Pier's Ln, Dormansland, Lingfield RH7 6PH,
1 JUL, TUE	7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
2 JUL, WED	<ul style="list-style-type: none"> 6:45 – 7:45pm 7:30 – 8:30pm 	LRC coaching (Dave) Roundhill Romp (WSFRL)
3 JUL, THU	8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
5 JUL, SAT	12 – 1pm	StarRun Colour Run Young Epilepsy, St Pier's Ln, Dormansland, Lingfield RH7 6PW, UK
6 JUL, SUN	<ul style="list-style-type: none"> 7:30am – 1pm 9 – 10am 	Phoenix West Sussex event Ardingly Reservoir Car Park, Unnamed Road, Haywards Heath RH17 6SQ, UK Bewl 15 and 5 miles TN5 6AZ, Wadhurst TN5 6AZ, UK

Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

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Edinburgh Marathon

From: **Annette Drummond** <marketing@gsi-events.com>

Date: Wed, 11 Jun 2025, 15:05

Calling all London Marathon Ballot Entrants!

Dear Running Club

Have your members entered the London Marathon ballot and are waiting to hear if they're unsuccessful before securing their Edinburgh Marathon entry? Fear not, we have the solution!

Tell your members - enter the Edinburgh Marathon before the end of June and if they get a place in the London Marathon, we'll refund their entry fee! All they have to do is

email us with their London Marathon Confirmation Email before the end of July 2025 in order to receive a refund – it's as simple as that. Or they could of course run both!

Why Edinburgh?

Join thousands of runners for one of the flattest, fastest, and most iconic marathons in the UK on Sunday 24th May 2026.

Set against the stunning backdrop of Scotland's historic capital, the Edinburgh Marathon offers a unique route through the heart of the city – from the historic Old Town and Royal Mile to the scenic coastline, finishing in Musselburgh.

With its incredible atmosphere, breathtaking landmarks, and a sell-out record since 2008, this is your chance to be part of Scotland's biggest running festival.

Feel free to spread the word with your fellow runners and friends using some of our promo materials below:

Edinburgh Marathon Promo -

https://drive.google.com/drive/folders/1eE1w7CyBGLUCPN30PX1fS2mN-tVUgfRN?usp=drive_link

Best wishes,

The Edinburgh Marathon Festival Team

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Reminders from previous weeks

Wednesday coaching sessions

Dave Worsell

We've ended the booking system for Wednesday evening coaching sessions, as few people bother to book these days.

Please look on [Facebook](#) or the club website '[calendar](#)' on the day itself, for any session details and any changes in venue.

THE END

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